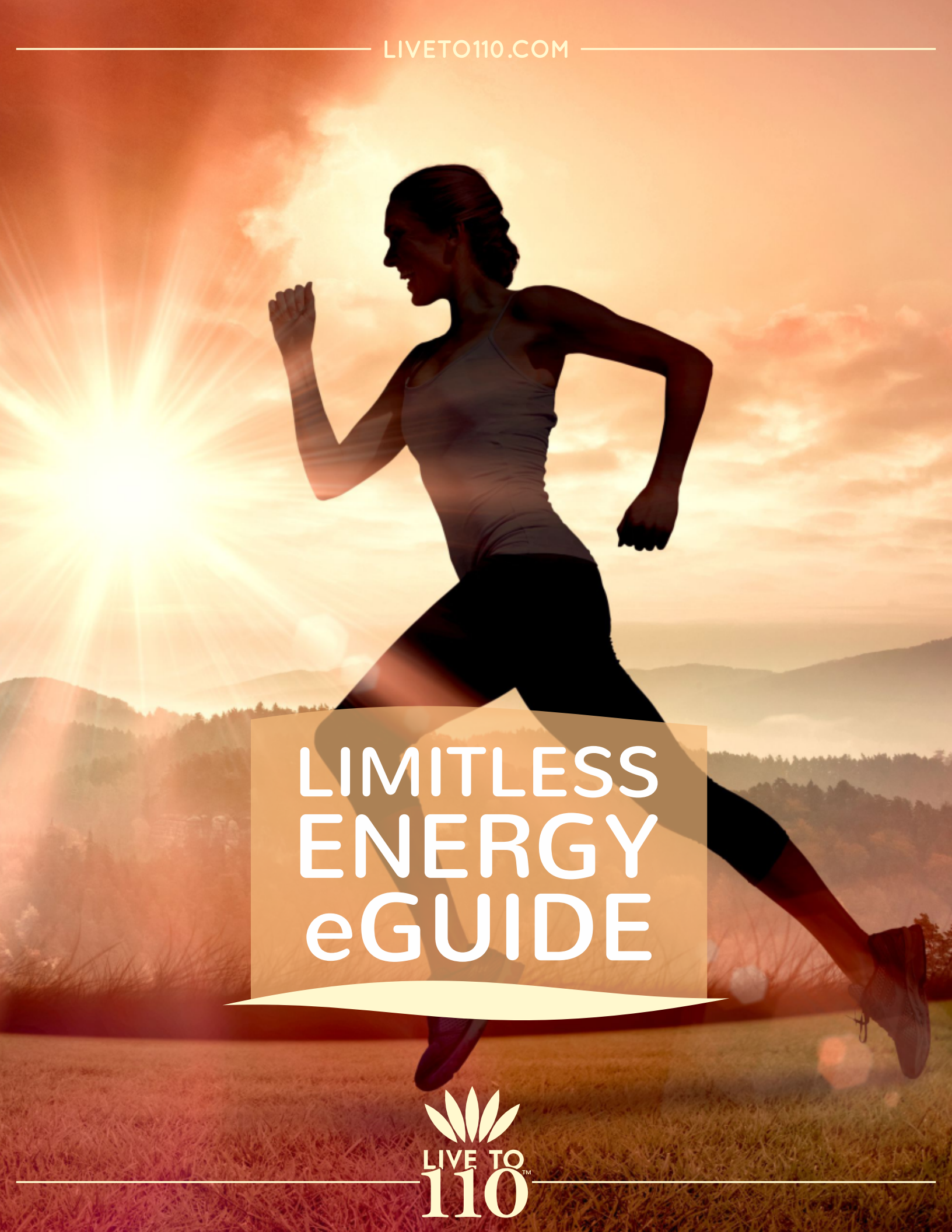

LIMITLESS ENERGY eGUIDE

LIMITLESS ENERGY eGUIDE

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LIVE TO 110™

INTRODUCTION

Hello, I'm Wendy Myers, FDN, CHHC, a functional diagnostic nutritionist. In my private practice, my client's main complaint is fatigue. My job is to help them recover their energy. You need a lot of tricks in your toolbox - a complete strategy and system to rev up your energy. I have spent years creating a simple system to help my clients reclaim the energy of their youth and I want to share it with you. This is how I reclaimed my energy and my life! I know that I could not have recovered my energy and health any other way.

Like most people, you likely are sick and tired of being tired. I have been there. My energy and health had been on a steady decline for years. I had severe brain fog, my performance at work was off, I didn't have the energy to participate in my relationship like I desired, and my libido was nonexistent. I was exercising myself to death and couldn't lose weight. I could go on and on. And I know so many of you out there are suffering. I see it every day in my health coaching practice.

It got to the point where I was so exhausted I felt the need to seek out a doctor's help. Pleading, I begged her to get to the bottom of what was wrong – run any test you needed at any expense – so I could feel better. Always having lived a healthy lifestyle and eating what I thought was a healthy diet, I was shocked to discover I had low thyroid, adrenal fatigue, anemia, and numerous nutrient deficiencies. Perhaps it wasn't surprising. I was tired all the time.

I suffered brain fog so bad I could barely hold a conversation. Mentally I was depressed for no apparent reason – my life was great in all respects. The days dragged on though I didn't have any complaints about my life. I should have been happy, but I wasn't. I was miserable and didn't recognize the person in the mirror. The doctor offered adrenal and thyroid hormone replacement, but I intuitively knew this was not the answer.

The Ultimate Crash

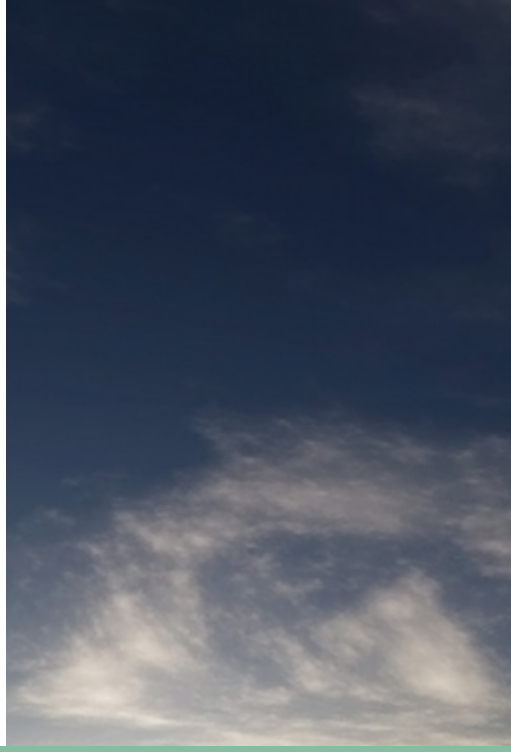
Then I suffered the ultimate crash. My father was diagnosed with esophageal cancer. I was distraught. My beloved father who had taught me everything I know was inevitably paying the price for his poor diet and lifestyle choices. In vain, he had quit smoking six years prior after smoking for forty. He had turned over a new leaf and attempted to get healthy. But it was too little too late.

He was a very intelligent man, but went the conventional medical route of chemo and radiation. After 4 months of chemo, my father lost a shocking 120 pounds. All the while he maintained that he felt fine. I watched this fiercely intelligent giant shrivel into a skeleton and lose his intellect. It was a stressful time flying back and forth to Austin to take care of him while he was in and out of the hospital. Finally he was unable to drive or take care of himself and had to go into a nursing home. I never thought I would see that day.

> As I left the hospital, I knew it would be the last time I ever saw my father. He passed the next day.

Taking a walk around my favorite neighborhood on a sunny day, I got the phone call that my father had taken a turn for the worse and was in intensive care. His sutures from his tumor removal surgery could not hold because the tissue had been destroyed from radiation. He was vomiting up blood. I immediately boarded a plane to Austin to spend the precious time I had left with my father. When I arrived at the hospital, he was unconscious and hooked up to ten machines with tubes coming out of every part of his body.

My strong, brilliant, 6'3" father had been reduced to a pale, sickly, sunken shell of a human being. It frightened me. I was so sure he was going to beat it and turn his health around. It reminded me of the last time I saw my grandfather before he passed just three years before. He was hooked up to a million machines to regulate his bodily functions in a vain attempt to save his life. I sat down next to my father and held his hand and cried. As I left the hospital, I intuitively knew it was the last time I was ever going to see him. He passed the next day. I miss him every day.



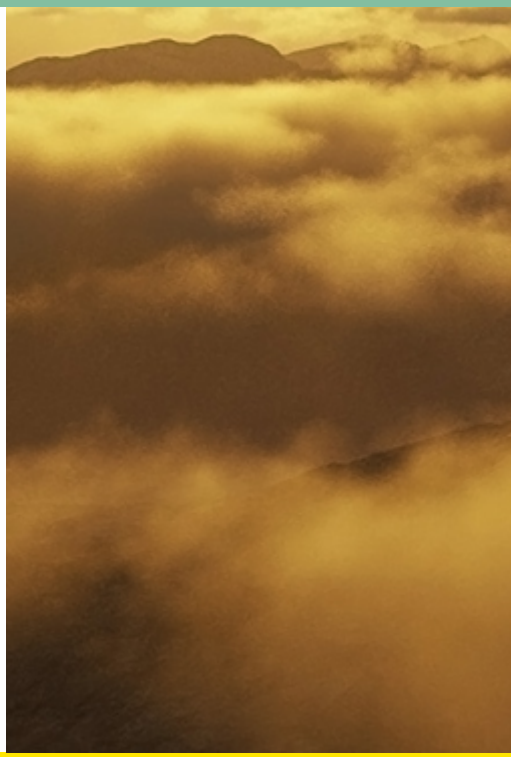
This traumatic event scared me straight. I was determined to turn around my own health so I would not suffer the same horrible, painful fate. I WAS NOT GOING TO DIE LIKE THAT. The thought frightened me. My father's death set me on a path to discover why 1 in 2 people get cancer and if natural healing methods for approaching health conditions worked better than conventional medical treatments and medications. The more statistics I read on the growing rates of disease, the more determined I became. I read everything I could get my hands on. Seeking answers to all my questions sent me on a long journey to discover the true underlying causes of disease.

What I discovered was quite basic yet revolutionary. And completely ignored by the mainstream medical community that rely almost solely upon medication and surgery.

Incorporating all I had learned, I created a simple system that incorporates the following 2 secrets for lifetime health and energy.

With my plan, you will have the tools to overcome the obstacles that are preventing you from enjoying the energy and health you deserve. And the tools to prevent disease and reverse health conditions. The road to more energy is not impossible or outrageously difficult, but it requires that you consistently follow a simple plan for a period of time.

With my plan, you will have the tools to overcome the obstacles that are preventing you from enjoying the energy and health you deserve.



2 SECRETS FOR LIFETIME ENERGY

Do you wish you had more energy and vitality? You aren't the only one. From Starbucks and 5 Hour Energy to Red Bull, the world spends billions of dollars every year for that little bit of extra energy to get us through the day. The problem is, we tend to rely on things that provide at best, only a temporary boost and drain our energy bank account. You must employ these 2 tips for a long term plan to have all day and lifetime energy.

#1 Mineralize

Most people today are mineral deficient due to stress, bad diets and a nutrient deficient food supply. You need minerals for your body to work - to make enzymes, copy your DNA (without cancerous mutations), promote cellular metabolism and conduct nerve impulses - yet many overlook this simple strategy. When you don't have adequate minerals, naturally your body cannot function optimally and you feel tired (and sick) all the time.

"It is the relationships between the minerals in your body that determine how much energy you will have."

Dr. Paul Eck
hair mineral analysis researcher

You cannot be healthy without adequate mineral levels. It has been estimated that many vital minerals are deficient in up to 90% of the population. Mineral levels are lower today due to hybridization of foods and modern industrial agricultural methods that do not return enough trace minerals to the soil. To add insult to injury, the use of chemical fertilizers and pesticides result in much lower levels of trace minerals in the food supply. Due to this modern reality, mineral deficiency is almost universal today, and becomes worse with age.

You must not only mineralize your body, but balance the minerals in your body. Most are supplementing minerals, but this is not enough. True health results when minerals are in balance. For instance, when calcium and magnesium are balanced, blood sugar issues and hypoglycemia are nonexistent. When sodium and magnesium are balanced, the adrenal glands are healthy.

When calcium and phosphorus are in balance, you have an efficiently running (soaring) metabolism. I can give you many more examples but you get the idea. With my system will you have the tools to balance minerals.

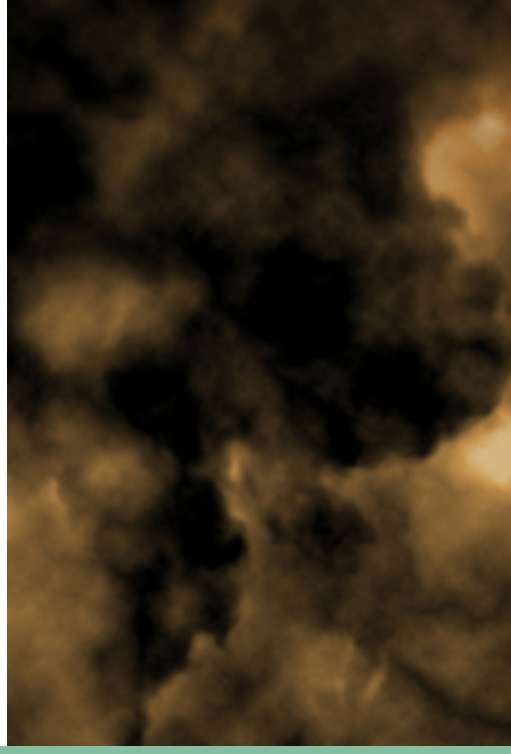
To balance minerals, you must employ a targeted nutrient therapy program that is custom to your body chemistry. A hair mineral analysis reveals your body chemistry and provides a blueprint to provide your body with the exact nutrients it needs to put it back into balance. Without proper testing you have no clue what supplements to take. Most people today are using the "shotgun approach" when it comes to their supplement regime. But you need to be using the "sniper approach" with supplements custom to your body chemistry. Taking the wrong supplements can destroy your health and slow your metabolism. I see this EVERY DAY in my practice.

Taking the wrong supplements for your biochemistry can destroy your health and slow your metabolism.

What's good for one person, may be toxic for another! There are many supplements that people take every day because mainstream medicine suggests this is a good idea. A mineral that is abused by most women is calcium. We have been indoctrinated to take 1500mg a day to have healthy bones. All that calcium ends up being deposited in your tissues causing hard muscles, hardened arteries and slowing your metabolism. What women really need is magnesium, which tells calcium to deposit in the bones. Very few people today have calcium deficiency due to the prevalence of this mineral our diets and supplements. Calcium is good for some, but certainly not for everyone.

Another common mineral in most supplements that can be potentially disastrous for your health is copper. After testing, I find that most of my clients have copper toxicity due to imbalances in the body and adrenal fatigue. Supplementing copper in a multivitamin every day is the absolute worst thing you can do if you're copper toxic. Copper toxicity causes weight gain, pms, female reproductive issues like fibroids and endometriosis, infertility, headaches and too many health conditions to list.

I could list many other mistakes people are making that are causing them more harm than good, but you get the idea. You need to test, don't guess. You don't want to throw the kitchen sink at your body when it comes to supplements. Your body needs targeted nutrient therapy based upon your individual biochemistry. Without knowing your mineral levels, there's NO way to know what to take!



#2 Detox

Many people don't realize it, but heavy metals and chemicals are zapping their energy. In 2009, the Centers for Disease Control (CDC) published its Fourth National Report on Human Exposure to Environmental Chemicals, which pointed out that people have an average of 500 environmental chemicals in their bodies. Chemicals interfere in the body's metabolic function, draining you of precious energy.

The main reason everyone is toxic is due to contamination of our air, water, and food from industrialization, the use of plastics, pesticides, and hundreds of toxic chemicals and heavy metals that infest our environment. Even Inuit Indian mothers, who live in the most remote parts of the Arctic, have hundreds of chemicals and heavy metals in their breast milk. Smokestacks disseminate into the air manufacturing byproducts such as mercury, dioxins, PCBs and thousands of other chemicals and metals. Clouds carry these potent triggers of cancer and disease to every continent and body of water. No one can escape the plague our industrialized world has wrought on our health.

Over time, the body accumulates heavy metals and chemicals until it becomes overwhelmed and disease results.

When the body is deficient in minerals, it is forced to use heavy metals to do certain jobs in the body. Thus, mineral deficiencies promote heavy metal toxicity. Minerals are preferred, but for many the body is forced to use heavy metals to produce enzymes and repair the body. Not only does your body not have the basic materials it needs to function, but it leaves you more vulnerable to our toxic modern world. Over time, the body continues to accumulate metals and chemicals until it becomes overwhelmed and disease results.

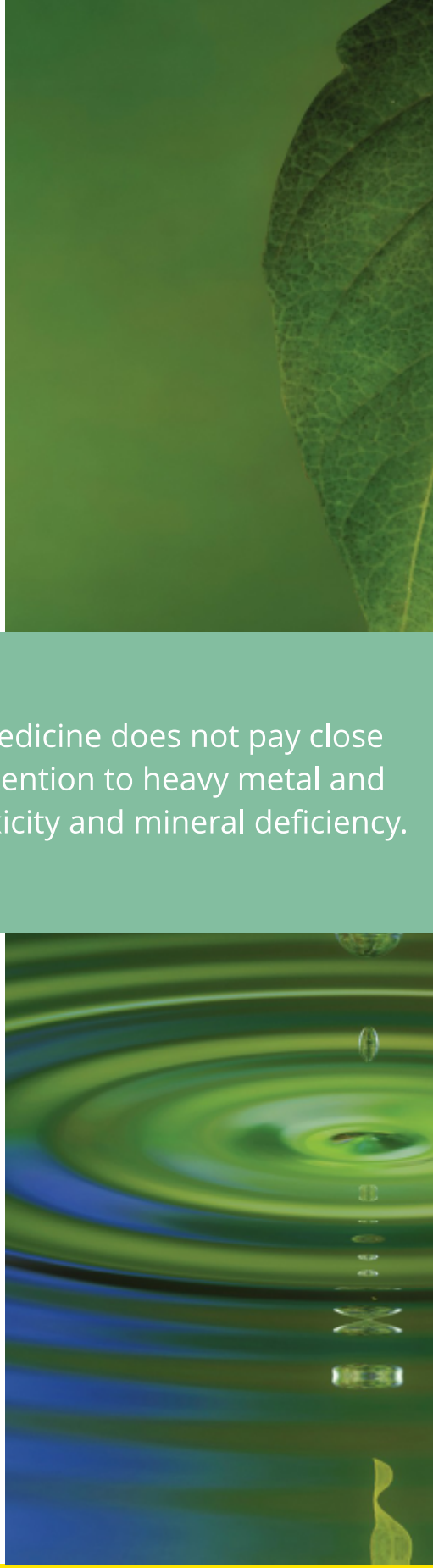
Metal toxicity causes all kinds of health issues, vague symptoms and disease that baffle modern medicine, which do not pay close enough attention to chronic (non-acute) heavy metal toxicity and mineral deficiency.

But there is hope in our increasingly toxic world. You can detox all the metals in your body. You just need to utilize the most effective detox techniques so you don't waste your time and money on gimmicky short-term detoxes that don't work. You cannot realistically think that you'll be rid of heavy metals with a 10-day detox in a box or taking one detox supplement. Be very wary of false claims intended to separate your from your cash.

The fact of the matter is you have been accumulating metals and chemicals for decades. You need a consistent simple detox plan to slowly and safely remove these dangerous metals from the body. My system gives you the strategies you can employ for a lifetime to prevent disease. When you use a proven method of detoxing, you can almost guarantee that you'll stay healthy, energetic, and vibrant for life.

Modern medicine does not pay close enough attention to heavy metal and chemical toxicity and mineral deficiency.

So remember, to effectively detox you must use proven detox methods and strengthen the body with minerals so it is better able to remove toxins on its own.



3 SNEAKY ENERGY VAMPIRES

Every day, millions of Americans complain of being tired. Most of us chalk it up to having too much to do and not enough time to do it. But often the true culprits are our everyday habits: what we eat and don't eat, how we sleep, and how we cope emotionally. Read on for some simple, recharging changes that can help you tackle all of the energy stealers in your life.

#1 Chemical Toxicity

You can search anywhere on the Internet and find the link between disease and the 80,000 chemicals in our environment. The Collaborative on Health and the Environment Toxicant and Disease Database summarizes links between chemical contaminants and approximately 180 human diseases or conditions. Hundreds of chemicals in your body tax your adrenals, produce mutated cells (cancer), increase the number and size of your fat cells and will eventually synergistically produce disease and undesirable symptoms if they are not purged from your body.

Personal care products like perfumes and dyes are estrogenic - promoting obesity and cancer.

These chemicals are not only in our air, food and water, but we're slathering ourselves in toxic, estrogenic chemicals every day. The average woman uses 126 products daily while men use 25 products. Perfumes, dyes, preservatives and many other chemicals are estrogenic promoting obesity and the rising rates of estrogen-dependent cancers, just to name a few. To be healthy today, one must be aware of what they can control as a consumer when purchasing personal care products, household cleansers and even cookware. For what you can't control, you need to use my favorite detox protocols.

#2 Heavy Metals

Presently, humanity is exposed to the highest levels of toxic metals in recorded history, up to several thousand times higher than just a hundred years ago. Everyone has metals in their body; the question is how much do you have? Removing them from the body can vastly improve health, mental functioning, energy and performance.

Heavy metals are deadly hidden toxins in our food and environment. Everyone today has toxic metals in their body without exception. Industrial dumping and manufacturing unleash metals into our air, food and water. Cadmium, aluminum, mercury, lead, arsenic and others are added to the food chain from upstream industrial dumping and pollution, pesticide runoff, incinerator emissions, smokestacks, aviation, and auto exhaust.

Many health conditions are caused or exacerbated by heavy metal toxicity. Metals can contribute to any imaginable health ailment or condition including cases of diabetes (iron), cancer (cadmium), multiple sclerosis (mercury), Alzheimer's disease (aluminum), and others. Our bodies cannot metabolize these metals, which must be actively purged and detoxed from the body on a continual basis before they cause disease.

#3 Low Thyroid and Adrenals

The thyroid and adrenals are the two glands that make the body's energy. When these glands are nutrient deficient, toxic and stressed, your energy begins to falter. In fact, adrenal fatigue is the root cause of disease. When these glands fail, it's like a domino effect that causes every other major system in the body to function sub optimally – and your energy suffers. The main focus of my system is to heal these glands that make your body's energy.

When the adrenals and thyroid are nutrient deficient and toxic, your energy will begin to falter.

Your thyroid is likely one of the main culprits you're tried and foggy. This gland in your throat sets your metabolism and energy level. If it's not working properly, you're going to feel tired no matter what you do! The remarkable thyroid gland in the neck affects every cell in your body. Your body needs a constant level of heat to perform its functions. There's a huge difference in how your cells function, depending on whether they are cold or warm. When your thyroid function is low (what is called a 'sluggish' thyroid or hypothyroid), your whole system slows down.

Receptors for thyroid hormone are found throughout the body, and disturbance in thyroid functioning can cause problems in almost every system of the body from the heart and GI tract and blood pressure to sleep, mood, even the growth of hair, skin and nails.

WHEN BEING TIRED IS A CAUSE FOR ALARM

Many of you have felt tired for years. This is certainly a cause for alarm and not to be ignored. Fatigue is the first sign that something is wrong in the body – the body is fighting an infection (usually a gut infection), the body is toxic or mineral deficient, or there is an underlying health condition.

All of these issues must be addressed. If they are allowed to fester and proliferate, this could spell disease or a chronic health condition down the line. The time is NOW to get to the root cause of your fatigue and reclaim your energy! I took back my power and my health with my system called **Mineral Power**, which I have spent the last several years developing as a result of my own health struggles.

My Story of Healing

One day I realized I just didn't feel good. I wanted to feel like I felt when I was younger – lean, full of energy, and optimistic. After experiencing health issues, for which my doctor didn't provide realistic options to relieve their causes, I decided to try a mineral balancing program, which began with a hair mineral analysis. I was also very curious about my levels of toxic heavy metals.

As soon as I started this program and taking the minerals my body desperately needed, I stopped craving salty foods like my favorite salt and vinegar potato chips (I'm ashamed to admit). I was simply craving minerals (which my body thought would be had in the salty potato chips). I haven't even thought about them since.

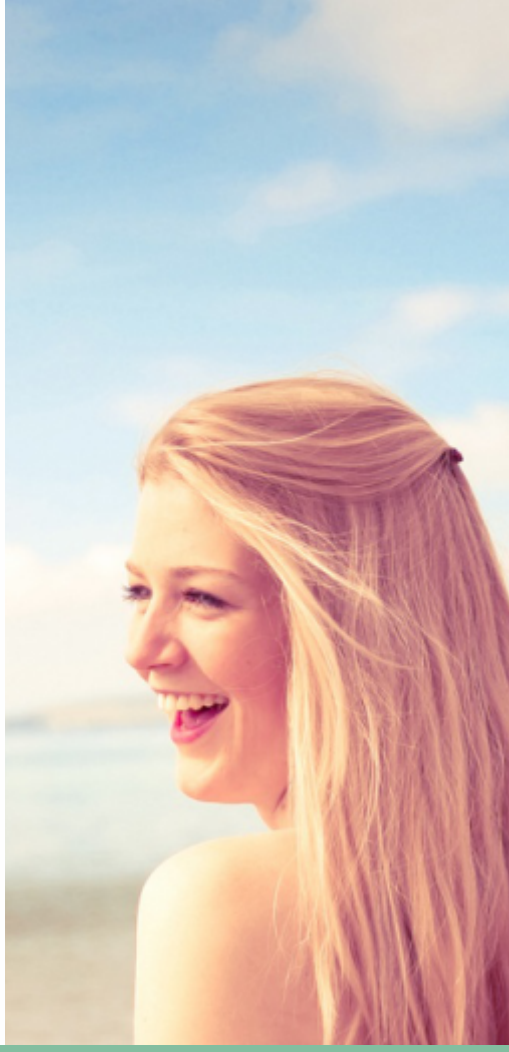
> Fatigue is the first sign that something is wrong in the body or there is an underlying health condition.

For years, my sugar cravings have been voracious. I was frightened that one day I would develop diabetes like both my parents because I could not resist the allure of my daily sugar habit. I could never imagine my life without sugar and I was baffled how other people went sugar free. I had come to accept that that would never be me. To my surprise, my sugar cravings slowly began improving as my adrenal and thyroid health improved and gave me genuine energy.

For the last two years prior to staring Mineral Power, I was having emotional issues. I was frequently depressed when I felt I had nothing to be depressed about. My life was great. I found myself getting frustrated easily and having fits of anger – even rage at times. I did not know this person. I had always been a calm, mild mannered person and took pride in this fact. I later learned that some metals and a toxic liver cause anger.

Over time on **Mineral Power**, I have come full circle and revisited my old self. I feel comfortable again in my own skin emotionally. And I feel happier than I've ever felt in my life. It is quite profound what happens when the brain fog lifts, metals that cause anger are removed from the brain, and you find a way to reclaim your energy. Happiness results.

I'll admit I was a bit skeptical at first about hair mineral analysis. I'd heard from my naturopathic doctor and another health practitioner that hair mineral analysis tests used on Mineral Power weren't accurate. But a test's accuracy, of course, depends on the company doing the test and the practitioner interpreting it. They were only advising me based on their limited knowledge of hair mineral analysis.



Taking a leap of faith, I did the test. With only knowledge to gain and nothing to lose, I signed up for the relatively inexpensive test and had a little chunk of my hair chopped off. I know the results of my hair mineral analysis are accurate because I had recently performed $4000 worth of testing with my doctor to figure out what was going on with my health.

I wanted to feel like I felt when I was younger lean, full of energy, and optimistic.

All the hair testing results correlated exactly to what my medical tests revealed, but the hair test informed me of so much more! But unlike my doctor, a Mineral Power program offered me a solution for addressing the root causes of my health issues and a plan to naturally heal them.

Both sets of tests showed adrenal fatigue, thyroid issues, blood sugar issues and nutrient and mineral deficiencies. The metal toxicities corroborated my health symptoms. Yet my doctor was only offering me symptom-based treatments with hormone replacement therapy for adrenal fatigue and thyroid hormones. I felt I was far too young to take hormones and there were too many studies showing harmful effects (like cancer) of taking sex hormone replacement. No thanks. I was looking for how to reverse my health problems by addressing the root causes. This seemed far more logical.

I was amazed after being on the program for one month my sleep improved dramatically. I had woken up in the middle of the night for YEARS. It was pure torture. But after taking relaxing minerals like magnesium and calcium in the right amounts and right forms, I began sleeping through the night – every night.

After one year I did follow up testing with my doctor to see if the **Mineral Power** program was working. Sure enough, my adrenal gland health was improving, my hormone levels were slowly returning to normal, my thyroid was functioning better, my mineral and vitamin levels had begun returning to healthier levels, and my inflammation levels had decreased. My doctor asked what I was doing!

Over time on Mineral Power,
I have come full circle and revisited
my old self. I feel comfortable
again in my own skin emotionally.

I was thrilled that I had found the answer to HEALING my health issues rather than covering them up with medication. It made so much more sense to me. And I had to get the word out to everyone I could find so I became a health practitioner specializing in hair mineral analysis.

My hair and medical tests were not only improving, but I had lost a bit of weight and my energy levels were better than they'd been in years. One incredible thing about this program is that it corrects your metabolism permanently. It speeds it up or slows it down – whatever is needed. No other program, diet or pill can promise that! Metabolism boosting supplements offer a temporary boost in metabolism. But by correcting the body's chemistry and correcting mineral ratios, namely removing excess calcium from the body, you can speed up your metabolism - permanently!

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One day it occurred to me that I was getting older, and with that came a slowed metabolism, and I just had to accept this. But I have never been one to take things lying down without question! With Mineral Power, I was able to speed up my metabolism and it has stayed that way. After gaining 65 lbs when I got pregnant, I was killing myself trying to lose the weight. I went to bed hungry and worked out 6-8 hours a week. And it wasn't working. I was baffled. If I had done this regime in my 20's I'd have been an Olympic athlete. After a time on Mineral Power, I am now back to my pre-pregnancy weight – without dieting or killing myself in the gym. I just needed to fix my body chemistry with minerals and detox estrogenic chemicals that were keeping me overweight. (Fixing my metabolism is frankly my favorite aspect of **Mineral Power**!)

I Got My Brain Back!

My most cherished side effect? I got my brain back! I had fairly serious brain fog that finally began lifting. I used to have an almost photographic memory. I always fared easily in school and excelled at work. But over the years, my memory was faltering and I was not as sharp as I felt I should have been. Losing this aspect of my identity was very difficult to accept. I just chalked it up yet again to getting older.
Wrong!

The best investment you can make is in your health!

So many other annoying health symptoms began resolving one by one. My mysterious hand and foot rashes that I'd had for years vanished. The chronic nasal drip I'd had since a child disappeared one day. My tooth sensitivity vanished. I could go on and on about the minor improvements. I continue to feel better and better everyday and am excited about my future health and brain improvements. I am so thankful that I stumbled across hair mineral analysis after searching high and low for alternative means to address my health. It truly saved my life.

I had gotten to the point where it was difficult to socialize because I couldn't find words or think of things to say during conversation. I avoided being social. My work suffered and I had a hard time concentrating. No wonder. My brain did not have enough zinc and omega-3 (and other nutrients) needed to function optimally and it was full of mercury and aluminum (neurotoxins).

But after a year on the program, my brain fog improved dramatically. Now I work full time running two companies, have a health coaching practice with hundreds of clients, am doing a master's program in clinical nutrition and writing a book. I could never have imagined that possible five years ago!

No medicine could do that! A doctor just looks at you with confusion or ignores the request when you ask to correct brain fog! Not going to happen. They are not healers and don't have the tools to get the job done. I know so many of you have been to doctor after doctor, only to feel worse and worse as the years go by. And I know that you intuitively sense the answer to a long healthy life does not lie in medication and surgery.

Mineral Power addresses the root causes of physical and mental health issues - nutrient deficiencies and heavy metal and chemical toxicity - and provides a plan to resolve these underlying causes. So many health issues are not resolved with traditional medical care because these issues are rarely addressed.

Fixing my metabolism is frankly my favorite aspect of Mineral Power!

Mineral Power heals the body by simply giving the body what it needs nutritionally and removing heavy metals and chemicals interfering in the body's metabolic function. Give the body essential building blocks, remove toxins and the body heals itself. It's simple and it works. A Mineral Power program will do far more than symptom removal and reverse disease, it will vastly improve your vitality, energy, mood, mental functioning and more.

No matter how healthy you eat or take care of yourself, you CANNOT achieve true health unless you purge heavy metals and environmental chemicals from your body and replenish mineral deficiencies. Everyone has toxic metals & chemicals and must actively purge them from their body. This is the only way to truly reverse disease, heal the body and meet your health goals.

Today, a healthy diet and lifestyle alone are not enough to achieve optimal health given the levels of toxins in the environment and our bodies. If your health regime or program does not include detox, you will not get the results that you seek.

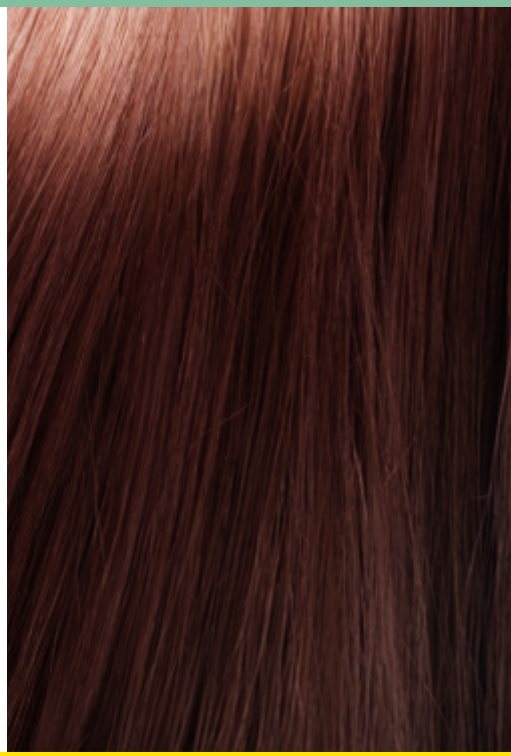
Not All Hair Mineral Analysis Are the Same

Like any test, a hair mineral analysis is only as good as the person interpreting the test. It takes years to learn how to properly interpret a hair mineral analysis. Because most doctors and health practitioners think that a hair mineral analysis is only showing simple mineral and metal levels, the accuracy and validity of these tests are grossly underestimated and misunderstood.

Hair mineral analysis is often ignorantly dismissed as not being accurate or otherwise advised against when the doctor or practitioner has a complete lack of knowledge of the vast science, research and interpretation behind the tests. There is 40 years of research behind hair mineral analysis. A practitioner must be well versed in its interpretation and how to supplement to correct the issues on the test for the program to succeed in correcting biochemistry imbalances and health issues.

Mineral Power addresses the root causes of physical and mental health issues - nutrient deficiencies and heavy metal and chemical toxicity.

The accuracy of the test greatly depends upon which lab tests the hair. The key issue and debate surrounding hair testing and whether it's accurate is really about whether the hair is washed or not. There have been a couple studies as to the accuracy of hair testing, but they were all washing the hair so the results reported that hair testing is not accurate. Don't be fooled. Hair mineral analysis is not going to be accurate if you wash the hair with harsh solvents that wash away minerals, which is the case with most hair testing companies.



Just like medical tests, there are great testing labs and companies that do a really poor job. I would only entrust my client's hair to the two best labs in the US that don't wash the hair prior to testing. I would never trust any other lab.

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I have come to exclusively use only one lab as my preferred lab for hair testing because they test many more minerals and metals – 37 in total – while the second best lab only tests 23. As long as you're testing you might as well test as many parameters as possible. I would have missed key contributors to health issues and toxicities if I had used other labs that don't test larger ranges of minerals and metals.

Laboratories other than these two fine labs do not use the concepts of stages of stress, oxidation types, mineral balancing and others to help understand the significance of tissue mineral levels, ratios and metabolic patterns. There is a tremendous amount of science and research behind the interpretation of your hair mineral analysis. The science takes years to learn. There is far, far more information in a hair mineral analysis than simply learning of your mineral levels and heavy metal toxicities.

No matter how healthy you eat or take care of yourself, you CANNOT achieve true health unless you purge metals and chemicals and replenish mineral deficiencies.

TAKE BACK YOUR POWER!

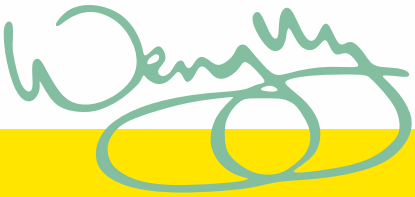
I implore you to start thinking about your health and working to improve your health before you get more tired and eventually sick. This entails paying attention to the body's signals that it is tired. This is your call to action to address the root causes of your fatigue. I hope this guide helped you to understand the many energy vampires in your life.

I implore you to start thinking about your health and working to improve your health before you get more tired and eventually sick.

A Mineral Power program using hair mineral analysis can give you a crystal ball and preview into your state of health because it shows health issues and body che mistry imbalances before you manifest symptoms. Once you present with symptoms or illness like cancer, for instance, you've been sick for many years. Many people don't realize that hair mineral analysis provides a blueprint to increase performance, banish brain fog and improve energy. A hair mineral analysis will give you a place to begin and a plan to improve your health beyond what you thought imaginable.

If you don't employ hair mineral analysis to assess your body chemistry, you could be struggling with your health for years to come. I am amazed at the stories I have heard within my client population and other practitioner's clients that spent years, even decades trying every protocol they run across, but it was only balancing their minerals and detoxing their body that finally resolved their health issues. **Mineral Power** resolved my health issues and I know it will do the same for you.

The more I see incredible healing and reversal of disease on my Mineral Power program, the more I become convinced that using hair mineral analysis to balance and heal body chemistry is the holy grail of health and healing. Now it's up to you to harness the power of Mineral Power!

Take control and begin your healing journey TODAY!

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